AMBUSH KILLS 4 TACOMA-AREA OFFICERS, PG7

Celebrity Buzz

Mixed review for Pitt, homes
pg 18

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PAGE 10

Google's Street View capturing Olympic venues

GAMES Google is in Vancouver and Whistler this week to capture images of 2010 Winter Games venues, including Canada Hockey Place (GM Place), the Richmond Olympic Oval and the Olympic Villages.

This is the first special collection of Street View imagery in Canada.

Street View in Google Maps contains still images only, and according to Google people's faces and licence plates will be blurred. **METRO VANCOUVER**

News on the Move

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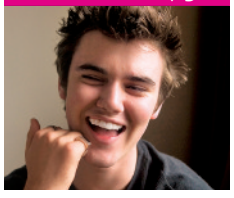

B.C. actors rise in New Moon

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Grey Cup **Als win**

ADRIAN WYLD/THE CANADIAN PRESS

Montreal Alouettes quarterback Anthony Calvillo hoists the Grey Cup with teammate Anwar Stewart, left, after the Alouettes beat the Saskatchewan Roughriders 28-27 on a last-second field goal to win the 97th Grey Cup last night. Story, page 13.

Infant among missing as float plane crashes

6 unaccounted for as 2 plucked from waters off B.C. Gulf Islands

It was the sound of the float plane "crumpling" that sent James White rushing to his skiff to look for survivors of a crash he didn't see but knew from that sound was devastating.

While he got into the picturesque Lyall Harbour, off Saturna Island, within minutes, the plane had already slipped beneath the water and there were only two people to be found from among the eight on board.

"There was no sign of anybody else or any other debris from the aircraft so I think it probably sank pretty fast," White said in a telephone interview.

Six others, including an infant, were missing after the float plane crashed shortly after takeoff late yesterday afternoon.

White found a woman and the pilot close together in the water, both conscious and begging for help.

But White couldn't pull the two of them into his small aluminum boat on his own. He said he tied them to the side of his vessel for a few minutes until other boats came to help.

Scheduled stop

- Christy Clarke of Vancouver-based Seair Seaplanes said the plane was making a scheduled stop to pick up two people on the way to Vancouver.
- Saturna Island is located at the eastern edge of the Gulf Islands, more than 50 kilometres south of Vancouver.

White was quickly joined on the water by other volunteers, many of whom had been watching the Grey Cup at the Lighthouse Pub when word came that a plane had crashed.

Allen Olsen was one. He rushed out to the wharf as soon as he heard. Olsen said two residents of Saturna Island were among the missing. He said they had been at the pub watching the football game prior to boarding the plane.

THE CANADIAN PRESS

Woods drops self into rough

CRASH The squeaky-clean image of Tiger Woods has taken a hit following a mysterious middle-of-the-night car crash, lurid allegations about an extra-marital affair and reports his wife angrily wielded a golf club as her husband fled their home.

No one's saying officially what prompted Woods to speed off in his Cadillac Escalade from his Florida home in the wee hours of the morning on Friday, only to smash into a fire hydrant and a tree.

Yesterday, Woods cancelled another meeting with state troopers, the third straight time he's done so.

His wife, Elin Nordegren, told police she smashed the back passenger seat windows of the SUV to pull her husband out of the vehicle after the crash.

But unnamed sources told the website TMZ.com that the accident took place after a "domestic issue" in the home. They said Nordegren had scratched Woods' face and had been swinging the golf club in a rage over a National Enquirer story about Woods having an extra-marital affair with Rachel Uchitel, a New York City nightclub hostess.

Wood disputed that version of events on his website yesterday.

The tabloid quoted a friend of Uchitel's as saying she and the golfer are "in love."

THE CANADIAN PRESS

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Local

Olympic mascots turn two

The 2010 Olympic mascots, Miga, left, Quatchi, centre, and Sumi, celebrated their second birthday with a party at the Bay downtown. Olympic figure skater Kurt Browning and Olympic speedskater Gaeten Boucher were on hand to sign autographs and have some birthday cake at the celebration on Saturday. METRO VANCOUVER

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

News in brief

COLLISIONS One man is dead and six people were injured in six different traffic collisions this weekend, Vancouver police said yesterday. A 77-year-old man is the city's 14th traffic-related fatality of the year.

SHELTER A new shelter for homeless women is opening today on Powell Street. Housing Minister Rich Coleman and Mayor Gregor Robertson are expected at the opening.

AWARD SkyTrain received the province's highest industrial safety honour at the fifth annual Lieutenant-Governor's Awards for Public Safety. SkyTrain has gone 23 years without an in-service collision and has the lowest rate of passenger injury.

METRO NEWS SERVICES

metronews.ca
WHAT'S ONLINE TODAY

Video Stephen Harper stands firm on Canada's climate-change targets ahead of the Copenhagen summit at **metronews.ca/canada**

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Extra: 43, 69, 77, 93
Saturday, Nov. 28
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Extra: 13, 40, 42, 46
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Don't let rain dampen manners

Locals give tips on umbrella etiquette

KRISTEN THOMPSON
kristen.thompson@metronews.ca

After a recent dump of apocalyptic rain and more in the forecast for, on and off, the next five months, umbrellas are out in full force in Vancouver.

We asked three Vancouverites — Laura McGlynn, sales associate at the Umbrella Shop, Nicky Anderton and Mikhail Gelovani — to share their views on umbrella etiquette:

Laura McGlynn

Nicky Anderton

Mikhail Gelovani

1 For whom should you raise your umbrella in an umbrella faceoff?

Laura: "Going by the way of chivalry, I think the gentleman."

Nicky: "Whomever thinks to do it first, or the taller person."

Mikhail: "I always raise my umbrella. I'm tall, though. Short people should be mindful of tall people, too."

2 Should people close their umbrellas when walking under awnings and covered walkways?

Laura: "I'd probably close it if it were that narrow so you're not bashing into people."

Nicky: "If it's short I just keep it open, but if it's long, like half a block and it's a heavy traffic walkway, then everybody should close their umbrellas."

Mikhail: "That seems like a waste of energy. Why don't they just not walk under the awnings?"

3 What should people do with their umbrellas on the bus?

Laura: "Leave it loosely closed on the floor beside you. Never leave it on the seat."

Nicky: "I saw … someone actually hook their umbrella over the overhead rail, and it was a little scary. Don't poke people."

Mikhail: "(You shouldn't) stick it out straight in front of you, keeping it pointed at people."

4 Would you share your umbrella with a stranger at a bus stop?

Laura: "If your umbrella is big enough, why not? It may be a chance to strike up a conversation."

Nicky: "Yes, I would."

Mikhail: "Yeah, I would because some of these new bus stops just aren't adequate enough to shield you from the environment."

5 Should a man give his umbrella to a female co-worker or female friend if she doesn't have one?

Laura: "No. Those days are gone. He shouldn't get wet. She should have brought one."

Nicky: "Not necessarily. I think you can share it. But I think it's about practicality and it has nothing to do with gender."

Mikhail: "Yes and no. It's up to her. If you offer and she says no, well, don't press it. Everybody needs to look out for themselves."

STIG NIELSEN/FOR METRO VANCOUVER

A woman walks on Robson Street on a rainy day earlier this month.

Tips for buying an umbrella

- A stick umbrella is stronger than a folding one. Each joint enabling an umbrella to fold down is a point of weakness.
- The smaller the umbrella, the more times it folds, and each fold compromises the umbrella's strength when fighting wind and wear.
- Look for umbrella ribs with a coated finish, which are better protected from rust and corrosion.
- Spring-loaded automatic openers exert heavy pressure on frames and are more costly to fix.

NDP convention ends with rallying cry against Liberals

POLITICS Carole James, leader of the B.C. NDP, capped off her final speech at the close of the party's annual convention in Vancouver yesterday by calling the provincial Liberals liars.

"The people of this province are counting on us," said James. "We have a government that deceives the people of this province and now is making the people pay for their deceit."

On Thursday, James asked voters to pressure their Liberal MLAs to vote against the pending HST, with which she said Premier Gordon Campbell blindsided British Columbians.

The NDP has a new ally with whom to fight the tax in controversial former B.C. cabinet minister Moe Sihota, who was elected president yesterday.

In the past, Sihota — who was in the legislature as both an Opposition member and an NDP cabinet minister during his 15 years in politics — was seen as a fierce critic of the B.C. Liberals.

The Liberals have already jumped on Sihota's election, highlighting the controversies from his days in office when he twice resigned from cabinet over conflict-of-interest issues.

KRISTEN THOMPSON/ METRO VANCOUVER, WITH FILES FROM THE CANADIAN PRESS

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local 3

Carry the Paralympic torch
Canadians aged 13 and older can start applying to carry the Paralympic torch. METRO VANCOUVER

The world is coming to party in B.C.

Olympics to be a United Nations of food, drink and fun

VANCOUVER 2010 Games

When athletes from around the world arrive for the 2010 Winter Olympics, Vancouver is likely to feel like home to them with so many nations setting up hospitality houses.

The Canadian government and the provinces and territories will set up pavilions too, with every jurisdiction in the country, as well as the federal government, having a spot at the Games.

But most of the hospitality houses, such as the sites for the United States and Canada, will be invite-only affairs for athletes and their families to relax, and for sport officials and their sponsors to rub elbows.

Below are some of the planned hospitality houses:

- Atlantic Canada: The four Atlantic provinces will have a combined pavilion on Granville Island to showcase performers, local cuisine and feature nightly kitchen parties.
- Canada: Canada Olympic House, organized by the Canadian Olympic Committee, will take over an entire floor of the Bay store in downtown Vancouver and another space in Whistler. The guest list will be small.
- China: China's largest team of winter athletes will have the Lulu Island Winery in Richmond to relax and mingle. Admission to China House will be by invitation only, but the winery's tasting room will be open to the public.
- Holland Heineken House: Another high-profile house that's inviting in the public is the Holland Heineken House, which will highlight the country while serving, what else, Heineken beer.
- Russia: Russia, the host of the next Winter Olympics in 2014 in Sochi, will have a prime spot for its hospitality house at Science World.
- Saxony: Yes, even the German state of Saxony will have a house. They're setting up at the Vancouver Rowing Club.
- Switzerland: Bridges Restaurant on Granville Island will be known as the House of Switzerland during the Games, serving chocolate fondue, Swiss cheese and other authentic dishes from the Western European country.

METRO VANCOUVER WITH FILES FROM THE CANADIAN PRESS

Even more parties

- Ireland's house will be at a downtown Vancouver Irish pub.
- They don't have snow, but Jamaica will have the Jamaican bobsleigh house.
- Granville Island will have a French Quarter during the Games, at Place de la Francophonie.

News in brief

SEABUSES One of the three Seabuses was out of service on the weekend for maintenance work. The remaining water taxis ran on a half-hour schedule, instead of every 15 minutes, to ferry passengers between Lonsdale Quay and downtown Vancouver.

SANTA There's still a month left before Christmas, but Santa has already paid a visit to kids in Burnaby as the main attraction at the Edmonds Santa Claus Parade, news1130.com reports. METRO NEWS SERVICES

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Cypress Mountain snow tube park now open

The snow tube park at Cypress Mountain opened for the season this weekend. It offers great sledding without the hassle of hauling yourself back up the hill, since a towrope does all the work. Tickets start at $13.81. METRO VANCOUVER

WHO to monitor Games

The World Health Organization is sending a representative to monitor for potential disease outbreaks at the 2010 Winter Olympics, but Games officials and health experts say the threat from H1N1 has likely passed.

Most athletes, officials and spectators are expected to be vaccinated against H1N1 by the time the Winter Olympics begin.

"If the vaccination rate is high enough, I don't think H1N1 is going to be a risk," said Dr. Patricia Daly, chief medical health officer for Vancouver Coastal Health.

Planning for the possible impact H1N1 could have on the Games has been underway since before the WHO declared an official global pandemic in June.

VANCOUVER 2010 Games

In April, B.C. health officials made a decision to increase the stockpile of antiviral drugs, according to notes released under Access to Information.

How much it cost was censored, but B.C.'s provincial health officer said the original supply was boosted by three million doses, bringing the total amount available to 10 million.

THE CANADIAN PRESS

Ottawa ponies up for repairs to sails on Canada Place roof

FUNDING The federal government has announced it will spend $21 million to replace the sails at Canada Place.

The iconic roof was first installed for Expo 86 and is due for a replacement. The outer roof fabric will be replaced with material of current technology, according to MP James Moore, minister of Canadian heritage and official languages.

"This is an important investment in a Canadian icon," Mike Shardlow, president and CEO of Canada Place Corp., said in a release. "Canada Place's ongoing financial and national contributions are particularly critical at this time, supporting the economy and representing Canada on the West Coast."

The replacement will start after the Olympics and be complete by March 2011.

Funding for the announcement comes from the federal $4-billion Infrastructure Stimulus Fund.

METRO VANCOUVER

News in brief

SEIZURE A Vancouver home that police had been called to more than 500 times has been seized by the province, Solicitor General Kash Heed said. According to Vancouver police Chief Jim Chu, the house was a known drug, weapons and prostitution den.

BYLAW Vancouver city hall is considering expanding a bylaw that would force homeowners to shovel their walks when it snows. Right now, only downtown properties and condos have to shovel their sidewalks.

PRECAUTIONS Elementary schools in Kamloops are taking precautions after five schools received letters on two occasions describing sexual fantasies with young girls, news1130.com reports. The letters are anonymous and were not directed to specific individuals. METRO NEWS SERVICES

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Museum removes explosive artifacts

A Newfoundland museum is proving that military history can be a blast. Safety officials removed 13 pieces of ammunition from display cases at the Royal Newfoundland Regiment Museum after an inspection showed the ordnance may be dangerous. THE CANADIAN PRESS

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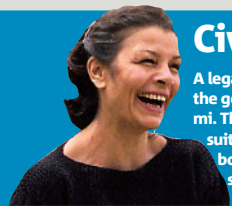

Civil suit against Iran begins

A legal showdown is set to take place in a Quebec courtroom this week pitting the government of Iran against the estate of slain photojournalist Zahra Kazemi. The Iranian government will try to argue its way out of a $17-million civil suit filed by the family of the Iranian-Canadian photographer. Lawyers for both the Iranian and Canadian governments will argue that Iran cannot be sued under Canada's State Immunity Act. THE CANADIAN PRESS

Canada should be climate leader: UN

Maybe minor tinkering, but not a total overhaul.

That's Prime Minister Stephen Harper's assessment of Canada's position on climate change with a pivotal United Nations summit just days away.

The prime minister says Canada's goal for reducing greenhouse gases is "virtually identical" to targets proposed by the Obama administration.

So he says major changes at this stage would put Canada at a disadvantage with its biggest trading partner.

"We may make some minor adjustments, but that will essentially be our target," Harper told reporters on the final day of the Commonwealth summit in Trinidad and Tobago.

"We believe it is essential, given the integration of our two economies, that our targets remain in line."

"Many countries, developed and developing countries, have come out with ambitious targets."
UN Secretary-General Ban Ki-moon

Climate change has been the dominant issue at these Commonwealth meetings.

Canada and other member states sought to breathe new life into climate talks next month by backing a global deal to reduce greenhouse gases.

But the head of the United Nations warned political will is still lacking with just days to go before a key round of climate-change negotiations begins in Copenhagen.

A day earlier, UN Secretary-General Ban Ki-moon tried to prod Canada into taking greater action on climate change, saying the Canadian government needs an "ambitious" mid-range target to reduce greenhouse gases — and needs to set one more quickly.

The UN chief said Canada, as the next host of the G8 and G20 meetings, must pick up the pace in setting a mid-range goal to curb emissions. He suggested Canada should be setting an example.

"Many countries, developed and developing countries, have come out with ambitious targets," Ban said. "And Canada, as one of the leading G8 countries, and G20, Canada is going to soon chair G8."

THE CANADIAN PRESS

Companies cracking down on cell use behind the wheel

SAFETY Tough rules are being adopted by a growing number of companies dissatisfied with provincial laws that still allow drivers to use hands-free cellphones.

Employees driving a company vehicle from Steels Industrial Products, for example, can be fired if they are caught using any kind of cellphone or texting device — period.

Similar policies to those at Sidwell are in force at large companies such as Finning Canada, Husky Energy, Halliburton, ConocoPhilipps and smaller firms such as Hole's Greenhouses. THE CANADIAN PRESS

Harper takes swipe at federal opposition

POLITICS Prime Minister Stephen Harper assured Canada's military yesterday that he and most Canadians stand behind them, even if his political opposition does not.

Before leaving the Commonwealth summit in Trinidad and Tobago, Harper took another backhanded swipe at MPs and others who have questioned the handling of prisoners captured during the war in Afghanistan.

"Let me just say this," Harper said, "living as we do, in a time when some in the political arena do not hesitate before throwing the most serious of allegations at our men and women in uniform based on the most flimsy of evidence, remember that Canadians from coast to coast to coast are proud of you and stand behind you, and I am proud of you, and I stand beside you."

SEAN KILPATRICK/THE CANADIAN PRESS

Prime Minister Stephen Harper speaks to soldiers as he visits the frigate HMCS Quebec following the Commonwealth Heads of Government Meeting in Trinidad and Tobago.

The statement came in response to questions about Canada's prisoner-exchange practices in Afghanistan and committee testimony from intelligence specialist Richard Colvin.

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H1N1 here here for good: Expert

HEALTH The current wave of H1N1 activity may have peaked in all provinces and territories, the Public Health Agency of Canada says in its latest assessment on the state of the pandemic.

But regardless of where the experts come down on the question of a third wave of the flu, they say swine flu will be back, says Dr. Danuta Skowronski, an influenza epidemiologist.

THE CANADIAN PRESS

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Commonwealth admits Rwanda
Rwanda has been admitted into the Commonwealth of nations, becoming the 54th member of the organization of mostly former British colonies. Rwanda has no colonial ties to Britain, unlike several of its neighbours that are already part of the Commonwealth. Members are eligible for assistance programs and cultural exchanges. THE ASSOCIATED PRESS

World

Bangladesh ferry crash claims 62

Rescuers recovered seven more bodies from a ferry that capsized as passengers disembarked at a terminal in southern Bangladesh, bringing the death toll to 62 with scores still missing, authorities said yesterday. The triple-deck ferry, MV Coco, was travelling late Friday from Dhaka to the coastal town of Bhola and was crowded with people heading home to celebrate the Eid al-Adha festival. THE ASSOCIATED PRESS

Ambush claims 4 officers

Police attacked in coffeehouse in Tacoma, Wash., suburb

A gunman burst into a Parkland, Wash., coffeehouse yesterday and opened fire on four police officers as they sat working on their laptops, killing the three men and one woman in what an official described as a targeted ambush.

Pierce County Sheriff's spokesman Ed Troyer said officers were looking for one male suspect who fled on foot, but haven't ruled out an accomplice. It wasn't clear whether the officers even had time to draw their weapons to return fire, Troyer said.

"This was more of an execution. Walk in with the specific mindset to shoot police officers," Troyer said.

Parkland is a suburb of Tacoma, just south of Seattle.

Troyer said the officers — all from the Lakewood Police Department — were catching up on paperwork at the beginning of their shifts when they were attacked at 8:15 a.m. yesterday.

Troyer said the attack was clearly targeted at the officers, not a robbery gone bad. "There were marked patrol cars outside and they were all in uniform," Troyer said.

BRIAN KOSEFF/THE ASSOCIATED PRESS/THE NEWS TRIBUNE

Black Diamond, Wash., police officer Brian Lynch, left, prays while Enumclaw police officers Dustin Lobdell, with hand on Lynch, and Tony Ryan, right, during a vigil at Champions Centre in Tacoma, yesterday. The event honoured four Lakewood police officers ambushed and killed in Parkland, Wash.

"This was more of an execution. Walk in with the specific mindset to shoot police officers."
Ed Troyer, Pierce County Sheriff's spokesman

A man with an extensive criminal past — whose 95-year prison sentence was commuted in Arkansas nearly a decade ago — was being sought as a "person of interest" in the ambush.

Troyer told reporters that Maurice Clemmons, 37, was one of several people investigators want to talk to and that he could not be called a suspect at this point.

THE ASSOCIATED PRESS

Russians mourn train blast victims

TERROR Russians mourned at religious services and soccer stadiums yesterday after a deadly train wreck that authorities blamed on a terrorist bomb. The leader of the Russian Orthodox Church urged the nation not to give in to fear.

Relatives identified loved ones killed in the wreck of the express train. If confirmed as caused by a bombing, the wreck would be Russia's deadliest terrorist attack outside the violence-plagued North Caucasus provinces in five years.

Television networks took entertainment programs off the air and moments of silence were observed before matches on the final yesterday of the Russian football league.

The rear three cars of the Nevsky Express derailed on a remote stretch of track late Friday as it sped from Moscow to St. Petersburg.

Emergency Situations Minister Sergei Shoigu said at least 25 people were killed and 26 were unaccounted for.

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News in brief

BRAZIL Authorities say six heavily armed men dressed as police officers entered a Rio de Janeiro precinct and freed 28 suspects in broad daylight. The official Agencia Brasil news service says the gunmen talked their way into the station by saying they were delivering another suspect. They then overpowered the two officers guarding nearly 150 suspects at the station on Rio's north side.

URANIUM Iran approves plans for 10 new uranium enrichment plants in defiance of UN censure. The Iranian government approved a plan yesterday to build 10 new uranium enrichment facilities, a dramatic expansion in defiance of UN demands it halt the program. The decision comes only two days after the UN nuclear watchdog agency censured Iran.

THE ASSOCIATED PRESS

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Comment

Lamenting buses' hot air

In the greater scheme of things, the temperature of a city bus doesn't rank with safety, reliability and cost when it comes to transit topics that resonate with the public.

Still, it's not uncommon to hear complaints about how stuffy and uncomfortable some transit vehicles get, especially this time of year, with commuters more likely to be wearing raingear, heavy coats and scarves.

I'll admit it. I'm one of the water cooler complainers.

So what's going on here?

Coast Mountain Bus Company spokesperson Derek Zabel looked into my admittedly grumpy climate inquiries recently. According to Zabel, bus heaters are preset to 22 C, and are automatically controlled by temperature sensors. In other words, they work like a home furnace.

According to Zabel, drivers of conventional buses have the ability to activate a "boost" mode, which cranks up the heater's fan speed to high. (Trolley bus operators, on the other hand, have no control over the temperature.)

For folks who appreciate fresh air with their transit trip, this "boost" sounds like a bust.

No wonder some perspiring riders take to what might be described as the ultimate act of onboard micro-mischief: Opening the bus window.

Not that this strategy helps much, according to Zabel. "Passengers opening windows to cool the coach down only serve to lower the temperature and force the heaters to re-engage to compensate for the heat loss," he said.

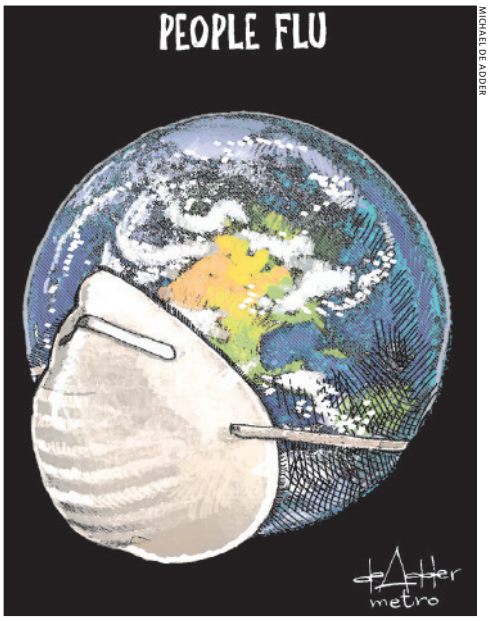
So what's a hot-blooded commuter to do?

Talking to the driver might work. That's what I did last week on a particularly uncomfortable bus ride.

As it turned out, he wasn't deliberately inflicting memories of last summer's heat wave upon us. His working area happened to be cool and comfortable. So he was oblivious to the temperature in the back-half of the articulated bus.

So if you're not one to savour the swelter, there's no need to get off the bus. Just find a seat near the front door.

Derek Moscato is a writer with a focus on urban issues, transportation, architecture and economics; dmoscato@yahoo.com.



MICHAEL DE ADDER

Views

Anne solves all your holiday gift-giving dilemmas

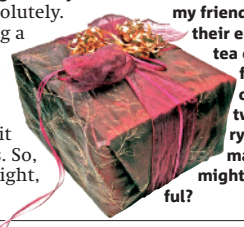
Today, Part Two of "Prepping for the Holidays:" Answers to all your gift-giving questions.

Q Dear Anne: I'm having trouble finding a gift for my boyfriend. Any suggestions?

A When shopping for a good gift for a man, it's important to keep in mind one thing: There are no good gifts for men. Women are easy. Just look at what we buy ourselves and then buy us more of it. Unfortunately, no one needs a dozen tire air gauges or 16 interchangeable-head screwdrivers. But, there is a solution. Break up with him on December 20. I didn't say it was a good solution.

Q Dear Anne: I'm finding the idea of giving gifts outdated. Do we really need more stuff? Is it OK to tell my relatives that I'm not giving gifts this year?

A Absolutely. Taking a stand for "love not loot" says you, honour the true spirit of Christmas. So, if this feels right, do it.



Unless, of course, you're related to me. Then you need to buy stuff.

Q Dear Anne: I like to make my own gifts, but I'm sensing that my friends have lost their enthusiasm for tea cosies fashioned from old socks and twist-tie jewelry. What can I make that they might find more useful?

A Here's a gifts someone really should make: The "Lie To Me" meter. This handy meter is designed to detect fibs at 50 paces, letting off a siren that tells the perpetrator, "You're busted, baby." Perfect for households with teenagers or when discussing deadlines with your home renovations contractor. Warning: To avoid overloading circuits, device must be turned off during political campaigns and first dates.

Q Dear Anne: What's the most important thing to remember when choosing a gift?

A Keep in mind, "Who should I be trying to please?" Yourself. You have no idea what someone else thinks. Buy what you love for who you love and you're guaranteed happiness. Even if it's just your own.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

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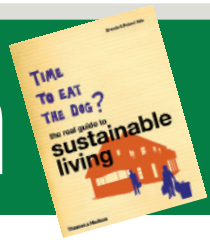
Green label database
Is it actually biodegradeable, organic or eco-friendly? Head to ecolabelling.org to make sense of which consumer goods are the real deal, and learn what all those labels really mean. METRO NEWS SERVICES

Going Green



Eat the dog?

Time to eat the Dog: The real guide to sustainable living takes a look at the environmental impacts owning pets has on our planet. Authors Robert and Brenda Vale take a look at how our lifestyle choices are affecting the planet. METRO WORLD NEWS

EDITOR: BEN.RYCROFT@METRONEWS.CA

A pipeline to problems

Environment issues will plague Enbridge plan

Eco-**Minded**

PHOTOS.COM

A pipeline can cause considerable environmental harm in the Rocky Mountains.

British Columbia is at immediate risk of becoming a petrochemical river from the Rockies to the coast.

The Northern Gateway pipeline, proposed to link Alberta's oilsands to the B.C. coast, is touted as a means for Canada to increase and diversify energy exports by meeting rapidly growing energy demands of Asia. Enbridge promises that its construction of the proposed pipeline will be socially and environmentally responsible, yielding the most efficient way to transport fuel. But there are still significant concerns. Enbridge says that the chance of spills is minor, but with oil spills it's not if, it's when. Just as rivers flood, pipeline projects are riddled with spills. The Gateway pipeline is planned to be 1,170 kms long, with plenty of room for leaks and spills in boreal forest, Rocky Mountains, and streams.

Oil spills are already one of the most pressing threats to sea otters, listed on Canada's Species at Risk Act. The pipeline would pass through the traditional territories of 50 First Nation communities, and many First Nations have officially opposed the pipeline. First Nation input into the proposed National Energy Review process has been nonexistent, despite having traditional territories that cover over a third of the pipeline's route.

This petrochemical river would cement Canada's role as global fossil-fuel provider. In international climate change negotiations, Canada is already the pusher of addictive substances countries are trying to break. Meanwhile, Canada is awash with renewable energy possibilities with microhydro, tidal power, geothermal heat, wind, solar, etc. Why fight to live in the (fossil) past when we could move confidently into the future?

Kai Chan is an assistant professor and Canada Research Chair at the Institute for Resources, Environment, and Sustainability (IRES) at UBC. Jordan Levine is a PhD student at IRES and at UBC's Liu Centre for Global Issues.

Pipeline facts and figures

- Enbridge has a goal of zero spills and leaks but had 67 reportable spills in 2006 and 65 in 2007 (5,663 barrels and 13,777 barrels, respectively).
- The Wet'suwet'en, Nadleh Whut'en, Haisla, Gitga'at, Gitzaala, Haida, and Fort Chiewyan First Nations have signed a declaration to not allow the pipeline.
- Alberta's oilsands extraction makes up 5 per cent of Canada's GHG emissions per year, and is the largest contributor to GHG emissions growth in Canada.

KAI CHAN/METRO VANCOUVER

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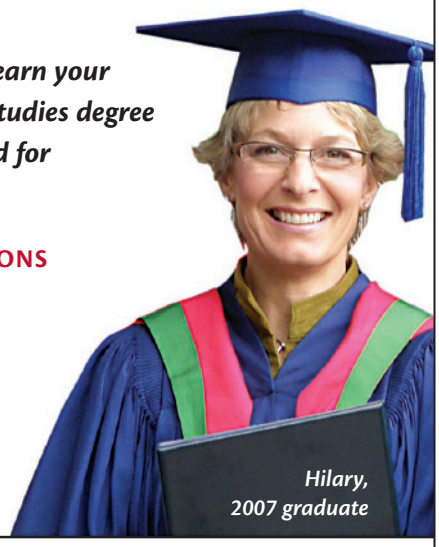

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NO FEAR, NO SHAME

When something is affecting your physical health, it's only logical to seek medical help. Once the issue is addressed, life can often go back to normal without lasting repercussions. But what happens when something is affecting your mental health? It's hard enough to admit that mental illness is something that one in five Ontarians will face in his or her lifetime, but dealing with the attitudes surrounding it is often a greater challenge.

"Mental illness may be the diagnosed health problem," explains Lorne Zon, CEO, Canadian Mental Health Association (CMHA), Ontario, "but the major impact on the person is often a result of stigma and discrimination: the way that you and I think and act when we learn about someone we know that has a mental illness. It is unimaginable that we would turn our backs in this way from our family, friends and neighbours who were suffering from heart disease. But for the most part, mental illness is invisible to us if we choose to ignore the signs."

A 2008 Canadian Medical Association (CMA) survey found that almost half of Canadians polled think that the term "mental illness" is used as an excuse for poor behaviour and personal failings, one in ten think that people with mental illness could "just snap out of it if they wanted," and half of the survey respondents would not tell friends or co-workers that a family member was suffering from mental illness.

As well, it's far too common to think that mental illness is a personal weakness; people struggling with mental illness are, as the name indicates, struggling with an illness. And mental illness is not just a single, rare disorder. Anxiety, depression, schizophrenia, and eating disorders are just a few of the many diagnoses affecting thousands of Canadians.

People may delay seeking help for family members or spouses because of fears and shame. Treatment of young people is often overlooked because many feel it is simply a phase they are going through. But addressing a sudden change in behaviour, for example, or really listening without judging, challenging, or becoming angry is an important first step in helping a loved one. There is no shame in guiding someone towards a mental health professional – it's just like going to the doctor when you have the flu.

The sooner we can work towards dispelling the myths, the sooner we can help erase the stigma. The CMHA, Ontario, has a large online support centre that includes discussion groups, links to articles and resources, and free printable pamphlets (in multiple languages) that can help you deal with some of the misinformation surrounding mental illness. For more information on CMHA, Ontario's programs and services, visit ***www.ontario.cmha.ca.***

– By Lori Dance

10 tips to help you take control of the holidays

1. Plan your shopping trips and activities in advance so you can enjoy your time off.
2. Set an appropriate budget before you go shopping and stick to it.
3. Learn to say no. Spend your time on the people and activities most dear to you.
4. Listen to your body. Exercising will reduce stress, and so will a good night's sleep.
5. Practice moderation. Mix a healthy snack or non-alcoholic beverage in here and there.
6. Get enough sunlight, or look into natural remedies like vitamin D and melatonin.
7. Take a breather. 15 minutes alone can be bliss at times.
8. Be realistic. There will be drama, but everyone is stressed right now so be understanding.
9. If you feel lonely or isolated, reach out. If someone else needs help, be there for them.
10. If you're overwhelmed and the feelings won't go away, it's time to talk to your doctor or a mental health professional.

PROMOTING MENTAL HEALTH IN THE WORKPLACE

Mental health, like physical health, is something that all people have; whether good or bad, it's always with us in some form or another. And when demands are placed on our health (even at work) that exceed our ability to deal with them, we may become ill. It's simply a fact of life.

Indeed, just as physical illness (like the flu) can contribute to workplace absenteeism, employers are faced with lost time and productivity as a result of mental illness as well. In fact, nearly 14% of Canadian companies' net annual profits are lost as a result of mental illnesses in the workplace, and recent calculations suggest that mental health and addiction issues cost the Canadian economy upwards of $51 billion annually.

"We know that one in every five Ontarians will be affected by a mental illness every year," explains Lorne Zon, CEO, Canadian Mental Health Association (CMHA), Ontario. "Many will never speak to their family, friends, employers, or even their doctor about their illness."

Unfortunately, it is often much easier to call in sick than it is to call in depressed. Sometimes you're going through something at home. Maybe you don't feel as though you're being recognized for the hard work you've done – or that you're not being supported by your boss and/or co-workers. It happens from time to time – but if it's affecting your life on a long-term basis, it may pose a risk to your mental health.

But what safeguards are in place in the workplace itself between the onset of mental illness and, specifically, the loss of job productivity? How does one deal with mental health issues in a work environment, and how can its effect be minimized effectively?

For one thing, it's important to recognize the signs that an employee or co-worker may be experiencing challenges to their mental well being. A sudden drop in productivity, changes to their personality or attitude, or a sudden increase in absenteeism can be an indication that someone in your workplace may need help.

The CMHA, Ontario, offers many excellent resources for those looking to learn more about how to help their employees or co-workers (or even themselves). One program, appropriately called Mental Health Works, provides online support with workshops, articles, links, and answers to questions you may not know how to ask.

By addressing the risk factors of mental illness where we work, we can together promote well-being in a safe, happy, and productive environment – the kind of workplace everyone can enjoy. For more information (and to take a free online wellness survey), visit ***mentalhealthworks.ca.***

– By Lori Dance

weathering the economic storm

In every work environment, there are people who worry about the security of their jobs and their financial future. But with the recession continuing weigh heavily on the minds of the Canadian workforce, more and more employees are losing hope that they will emerge unscathed. And not only is this affecting their productivity, but it is also causing stress to their mental well being.

While the worst may well be behind us, economic recovery is likely to be slow. And it could take even longer for Canadian workers to recover from the mental and emotional repercussions of the recent economic downturn. Looking at the attitudes of employers and employees gives some insight into how that might impact the workplace in the months and years to come.

A 2009 Desjardins Financial Security survey has shown some staggering disparities between how the recession is viewed by employers and employees. Close to a quarter of employees polled said that their environments have become more negative, while 73% of employers said that theirs have become more positive. 43% of employees are worried about losing their jobs and many believe that employers are using the recession as an excuse to cut staff – and ironically enough, 70% of employers are maintaining or increasing their workforces.

There is, however, one point on which both groups found common ground: their health. One quarter of employees and 37% of employers agreed that the recession has negatively affected employees' physical health, with 35% of employees and 63% of employers claiming a toll on mental health as well. An increase in stress levels was found to be another challenge to employees' health, as 35% said they are experiencing higher stress this year than they did a year ago.

"What's evident in these results is that a clear and open dialogue is urgently needed between employers and their staff, but not just during difficult times," said Dr. Taylor Alexander, CEO of the Canadian Mental Health Association (CMHA), National Office. "Of course, we believe that both groups are responsible for managing their own mental and physical health. But employers must also help create a mentally healthy workplace for their staff. Leadership on this issue starts at the top."

So why is promoting a mentally healthy workplace such an important and mutually beneficial concept? "By investing in their workers, companies are investing in themselves," explains Michele Nowski, Director, Disability Claims and Disability Management with Desjardins Financial Security, who notes that mental health claims are the fastest growing category for days lost to disability in Canada. "A mentally healthy workplace typically has fewer disability claims, lower absenteeism and better productivity. It really becomes a partnership between employees and employers because employees also have a responsibility to manage their health and stress levels."

For more information on the survey results and to access free wellness toolkits that can help you manage stress levels at home and in the workplace, visit ***www.healthiscool.ca.***

– By Lori Dance

61%

OF CANADIANS ARE STRESSED OUT ABOUT MONEY!*

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Black Friday sales up slightly from last year

American shoppers spent only slightly more in stores this Black Friday than they did last year, according to data released by a U.S. research firm. Preliminary sales data from ShopperTrak RCT Corp. show shoppers spent $10.66 billion when they hit the malls on the day after Thanksgiving — only 0.5 per cent more than last year. THE ASSOCIATED PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Public Works, private sector can't be compared: Report

The cost-effectiveness of Public Works projects can't be directly compared with the private sector partly because construction firms jack up their prices when dealing with the federal government, says a new report.

"Private sector companies, who build our projects, are intimidated by our processes and controls and account for their perceived extra efforts in dealing with these through increased construction and management fees," says an internal document.

"They also understand that during design and construction phases we will not go bankrupt and that while payments may be slow, they are essentially guaranteed, regardless of cost overruns to the initial budget."

The disclaimer is made in a Public Works annual report card that gauges how effectively the department has managed its $7.6-billion portfolio of properties across country, mostly office space.

Since a 2007 restructuring, Public Works has tried to emulate private-sector real-estate practices to give taxpayers more value for their money.

But senior officials point to a host of factors they say makes direct comparisons with private business unfair and misleading.

Officials drew up a list of at least 26 reasons why they can't be strictly held to private-sector standards, including the requirement to adhere to federal green policies.

"Such an extensive list can reasonably be expected to have a negative cost impact when comparing the cost of public and private sector projects," says the April 2009 document, obtained by The Canadian Press under the Access to Information Act.

THE CANADIAN PRESS

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TSX welcomes new oilsands player

ENERGY The Toronto stock market will see the debut this week of a brand new oilsands player.

Shareholders in EnCana Corp. gave unanimous support last week to the plan to divide the Calgary-based energy giant into two distinct companies.

With that major milestone out of the way, EnCana and its oil-centred spinoff Cenovus Energy Inc. will start operating independent of one another tomorrow.

THE CANADIAN PRESS

Business in brief

STRIKE Ottawa is threatening to table back-to-work legislation Monday to end the CN Rail strike if the two sides haven't reached an agreement, a senior government official said last night. THE CANADIAN PRESS

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Nets dump coach
The New Jersey Nets fired coach Lawrence Frank yesterday after losing their first 16 games during one of the worst starts in NBA history. THE ASSOCIATED PRESS

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA

Als win thriller

GREY CUP

Riders 27 Alouettes 28

Given a second chance, Damon Duval made no mistake and kicked the Montreal Alouettes to a Grey Cup championship.

Duval connected on a 33-yard field goal on the final play of the game to give the Alouettes a 28-27 comeback victory over the Saskatchewan Roughriders in a thrilling CFL championship game yesterday.

The Alouettes, outplayed for much of the game, erased a 16-point deficit in the final 10 minutes with touchdowns by Avon Cobourne and Ben Cahoon, plus Duval's boot with no time remaining.

It was his second attempt at it. He missed his first try but a Saskatchewan penalty for too many men on the field gave Duval another opportunity.

"The man upstairs gave me a second opportunity," said Duval.

"As soon as I saw the flag I didn't care (about the miss), I had to focus on making a kick."

Added quarterback Anthony Calvillo: "The key is not to make mistakes. We made our share, but they made a key one at the end."

The victory ended a run of Grey Cup woes for the Alouettes and Calvillo, who won only a second Grey Cup in seven championship games since 2000.

The Roughriders failed in a bid for a second Cup in three years in gut-wrenching fashion.

"It was a lack of communication ... but it should have been recognized," Roughriders head coach Ken Miller said of the critical late penalty.

"The disappointment of this loss is going to affect us as long as we're on this planet.

"Total 100 per cent disappointment."

THE CANADIAN PRESS

JEFF MCINTOSH/THE CANADIAN PRESS

Montreal Alouettes kicker Damon Duval celebrates after kicking the game-winning field goal during fourth-quarter Grey Cup action in Calgary yesterday. Montreal won 28-27.

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Canucks end home stand with loss

NHL RESULT

Sharks 4 Canucks 2

DEFEAT Manny Malhotra's third-period goal held up as the winner as the San Jose Sharks skated to a 4-2 victory over the Vancouver Canucks last night at GM Place.

Frazer McLaren, Dan Boyle and Jamie McGinn also scored for San Jose, which ended its mini two-game Canadian road trip with a 2-0 record and improved to a league best 18-6-4.

Kyle Wellwood and Jannik Hansen, with seven seconds left to play, replied for Vancouver (14-12-0), which ended its five-game home stand with a 3-2 record.

San Jose netminder Evgeni Nabokov made 25 saves. THE CANADIAN PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULTS
San Jose 4 **VANCOUVER** 2
Phoenix 3 Anaheim 2 (OT)

NBA

YESTERDAY'S RESULTS
Phoenix 113 Toronto 94
Boston 92 Miami 85
Detroit 94 Atlanta 88
Houston 100 Oklahoma City 91
L.A. Clippers 98 Memphis 88
L.A. Lakers 106 New Jersey 87
Orlando 114 New York 102
San Antonio 97 Philadelphia 89
Minnesota 106 Denver 100
Sacramento 112 New Orleans 96

NFL

YESTERDAY'S RESULTS
Atlanta 20 Tampa Bay 17
Buffalo 31 Miami 14
Cincinnati 16 Cleveland 7
Indianapolis 35 Houston 27
Minnesota 36 Chicago 10
N.Y. Jets 17 Carolina 6
Philadelphia 27 Washington 24
San Diego 43 Kansas City 14
San Francisco 20 Jacksonville 3
Seattle 27 St. Louis 17
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Student killed in shooting at Hungarian university

A student opened fire at a university in the Hungarian city of Pecs yesterday, killing one student and wounding three other people. According to media reports, the shooting occurred in Pecs University's biophysics research institute. METRO NEWS SERVICES

Workology

Credit cards for tuition

David Murray, a third-year business student at the University of Alberta, will soon launch Pay4u, a third-party website to let uAlberta students use credit cards to pay for tuition. The university discontinued the credit card option for tuition payments in the summer of 2008. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

All hail this Master of wine

Barbara Philip only waitressed while waiting for her acting career to take off.

"You're always in a sense of denial, that this isn't my real job. That one day I'll get my big break," says Philip, 43.

The Vancouverite's big break did come, but it had nothing to do with theatre.

About 15 years ago, she, her husband and a friend started getting into wine; pairing wines at dinner parties, reading about it and taking trips to wine regions.

One day, a chef friend called, saying his restaurant's sommelier — wine expert — had just quit, and offered her the job.

She ended her contract with her acting agent and dug into wine.

While she worked at the restaurant designing the wine list, ordering wine and helping customers pick their vintage for the night, she began taking courses.

As she furthered her wine knowledge, she heard about something cool: Master of wine certification. The designation was held by less than 200 people in the world at the time.

"If I'm going to be in the wine business, I want to go all the way with it," Philip said to herself.

She kept working in restaurants, and took courses and travelled to taste as many wines as she could, and learn in detail the wine business, making wine and growing grapes.

Meanwhile, because she was a woman in the wine industry — a rarity at the time — she began getting requests to do talks, run tastings, teach classes and judge events.

By the time she wrote her thesis and sat her master of wine exams in 2005 and 2006, her freelance work was so busy, she quit her restaurant job.

Her husband Iain, who used to work for BC Hydro, also works in wine full time now; they run Barbariain Consulting together and he's the senior wine instructor at Vancouver's Art Institute. Philip now travels a great deal, flying around the world to tastings and competitions.

As well, she now works as the European wine buyer for the British Columbia Liquor Distribution Branch (BCLDB) — which means more travel. She's constantly tasting wine.

She follows a template to evaluate a wine based on its sight, smell and taste.

"It's very systematic. Drawing a conclusion about a wine is more about brainwork than taste bud work."

And while she'll have a glass at home in the evening, and at dinner parties, most of the time at work, she spits it out. "When you're reviewing, judging or buying, you have to have your mind about you."

OddJobs

Diane Peters

Metronews.ca/oddjobs

The Lowdown

Job title: Sommelier
Salary: In a restaurant you can make up to $80,000
Education/training: There are various organizations that train people in wine in Canada; but anyone who does the job for a restaurant or a company can call themselves a sommelier.
Best Part of the Job: "Travelling and meeting people who's life's work is wine. It's a really good way to get an insight into a culture."
Worst Part of the Job: "Red teeth."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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Barbara Philip is a sommelier, a wine expert who specializes in pairing wines with food.

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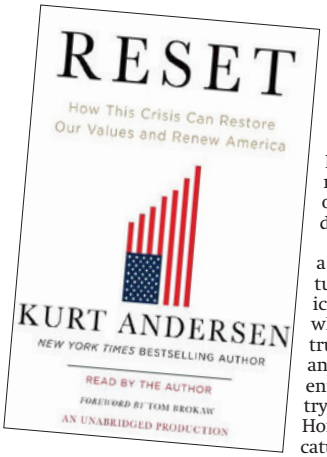
Easy times are over for Americans: Author

BookReview

Reset — How this Crisis Can Restore Our Values and Renew America

Author: Kurt Andersen
Publisher: Random House
Price: $17.50



Everyone seems to know the fable of the grasshopper and the ant. The tale goes that the grasshopper enjoys the spoils and good times of the summer while the ants work hard to build up their stockpile. The winter comes along and the grass hopper is in a poor situation to survive.

According to author, Kurt Andersen, American's have been behaving like the grasshopper, recklessness that ultimately lead to the global financial collapse. Using historical examples, Andersen describes how the discovery of gold in Northern California in 1948 was a point in time where any average American could make a fast fortune … and ultimately achieve the American Dream.

The 1948 gold rush seemingly shaped a new type of American, one "repeatedly wont to abandon prudence and the tedium of saving and building in favour of the fantastic idea that anybody, given enough pluck and luck or liberty, can make a fortune overnight" said Andersen.

Andersen paints a very hopeful picture of the economic landscape … one where America can truly mature, reset and become a different but better country. The age of the Homer Simpson caricature of the "quintessential American — Childish, irresponsible, wilfully oblivious, fat and happy" is at an end. A fast and interesting read.

CRAIG LUND/ FOR METRO CANADA

Craig Lund, a director with the staffing firm Marketers on Demand, can be reached at craig.lund@marketersondemand.com

Workology in brief

TUITION FREEZE BLAMED FOR UNIVERSITY CLOSURE: Portage La Prairie MLA David Faurschou contends the Manitoba NDP government's decade-long tuition freeze (lifted this year) is the reason behind the temporary closure of the University of Manitoba's Delta Marsh Field Station. Because the university has not been able to raise its tuition over the last 10 years, Faurschou argues, it has had to cut programs and services, and the research station has fallen victim to these cutbacks.

ONTARIO UNIVERSITIES COMMIT TO SUSTAINABILITY PLEDGE: Yesterday the executive heads of Ontario universities presented to the provincial government a made-in-Ontario sustainability pledge, Ontario Universities: Committed to a Greener World, reinforcing the institutions' commitment to the environment and the future well-being of Ontario. The initiatives cover nine key areas, among which include integrating sustainability concepts into curriculum and research, recycling and waste management, and water management.

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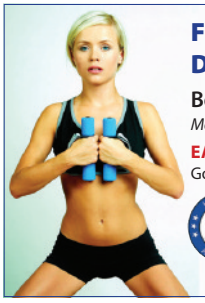
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Coca Rocha has own clothing line

Coca Rocha is set to launch her own clothing line. The Canadian supermodel declared on her blog she plans to create her own range, and has even posted a picture of herself sketching some of the garments in her New York apartment. FEMALEFIRST.CO.UK

Entertainment

Big Fan

It isn't just screaming tween girls who are going gaga over New Moon star Taylor Lautner — one of the onscreen werewolf's biggest fans is Oscar-winning actor Jamie Foxx. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Box office

New Moon is the top film at the weekend box office.

Estimated ticket sales for Friday through Sunday:

1. **The Twilight Saga: New Moon:** $42.5 million US
2. **The Blind Side:** $40.1 million
3. **2012:** $18 million
4. **Old Dogs:** $16.8 million
5. **A Christmas Carol:** $16 million
6. **Ninja Assassin:** $13.1 million
7. **Planet 51:** $10.2 million
8. **Precious:** $7.1 million
9. **Fantastic Mr. Fox:** $7 million
10. **The Men Who Stare at Goats:** $1.5 million

THE ASSOCIATED PRESS

New Moon's rising stars

No such thing as small roles for Canadian actors in Twilight franchise

The Canadian actors in The Twilight Saga: New Moon are learning there's no such thing as a small role in the mega-popular movie franchise.

As with nearly everything connected to the blockbuster film and book series, fan reaction — even to bit players — has been surprisingly fervid, says the B.C.-born Cameron Bright.

The 16-year-old appears only briefly towards the end of New Moon as the Volturi vampire Alec but says he was swarmed by fans seeking his autograph when he attended the L.A. premiere last week.

"It's crazy, I'm only in it for like a minute and a half or two minutes but I'm world renowned now," says Bright.

Before the L.A. screening, he says he and U.S. actor Kiowa Gordon, who plays the werewolf Embry, went to greet some of the devotees, many of whom had lined up days in advance for a chance to meet the stars.

"We signed some autographs at the beginning and the middle of the line and it was crazy. It was like the whole road was a ball of people around me and Kiowa," Bright recalls.

Cameron Bright appears only briefly in New Moon as the Volturi vampire Alec but says he was swarmed by fans seeking his autograph when he attended the L.A. premiere last week.

Aside from New Moon — the second instalment in the Twilight Saga film series — Bright is perhaps best known for his unnerving performance in the 2004 film Birth, where he played a 10-year-old boy who attempts to seduce a grieving widow, portrayed by Nicole Kidman.

Other Canadians in the film include B.C. actors Bronson Pelletier and Tyson Houseman, who play werewolves Jared and Quil.

Their screen time pales in comparison to stars Robert Pattinson, Taylor Lautner and Kristen Stewart, but even the small roles come with the promise of more limelight later in the series, based on the novels by Stephenie Meyer.

Pelletier acknowledges he has only a few scenes in New Moon but notes they are loaded with meaning for the well-read viewer who is fully aware of each character's literary backstory.

And because New Moon and its followup, Eclipse, were shot in Vancouver back-to-back, Pelletier says he kept in mind his character's broader story arc while filming early scenes.

"Jared in the book, he's the first to (fall in love with) this girl that he sits beside in class, her name is Kim, and they turn us into a romantic thing," says the 22-year-old actor.

"It's not actually in the New Moon movie, but it's good to know that kind of background story on Jared."

Bright jokes that the intense attention paid to even the most minor Twilight characters adds disproportionate weight to his character's one-liners.

"I gotta say them just right," he says laughing.

THE CANADIAN PRESS

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Pulp Fiction co-writer jailed
Roger Avary, who won an Oscar for co-writing Pulp Fiction, has been removed from a work furlough program and locked up in a California jail for alleged tweeting. EW.COM

CHANG YING-YING/THE ASSOCIATED PRESS

Director Leon Dai with his four Golden Horses.

Taiwan drama wins big at Chinese Oscars

The Taiwanese social drama No Puedo Vivir Sin Ti was the big winner at the Chinese-language equivalent of the Oscars, winning best picture and best director for Leon Dai.

In annual Golden Horse Awards ceremony in Taiwan late Saturday, Hong Kong's Nick Cheung tied with China's Huang Bo in the best actor category — the first tie in the event's 46-year history. Cheung played a kidnapper in The Beast Stalker. Huang played a Chinese villager in Cow who protects a dairy cow from Japanese invaders in the 1940s.

Best actress went to China's Li Bingbing, who played an intelligence official for the Japanese-allied government in 1940s China in the spy thriller, The Message.

The documentary KJ: Music and Life won best documentary, best film editing and best sound effects. THE ASSOCIATED PRESS

In brief

TV ABC says Chris Brown will appear on its 20/20 newsmagazine Dec. 11. In what's billed as an in-depth interview, the singer will discuss his assault of ex-girlfriend and recording superstar Rihanna in February.

SCHOLARSHIP The Arabian Horse Foundation has established a scholarship in honour of the late actor Patrick Swayze and his wife. Swayze and wife Lisa Neimi owned Arabian horses and competed in shows for several years. THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt
Exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

Love, loss and fear in London

BookPicks

Her **Fearful Symmetry**

Author: Audrey Niffenegger
Publisher: Alfred E. Knopf Canada
Price: $34.95 (Hardcover)

In the sophomore effort following her breakout debut The Time Traveller's Wife, Audrey Niffenegger explores bonding, loss and love with a paranormal twist in Her Fearful Symmetry. When Elspeth Noblin dies, she leaves her London home — on the edge of the notable Highgate Cemetery — to her American twin nieces Julie and Valentina. The girls take up residence and discover Elspeth's life and neighbours, including her lover Robert and the obsessive compulsive Martin. The girls' relationship is tested when they happen upon different paths in this unconventional tale.

The **Taken**

Author: Inger Ash Wolfe
Publisher: McClelland & Stewart
Price: $32.99 (Hardcover)

The Taken presents a story as mysterious as its author Inger Ash Wolfe, the pen name of an unknown but established Canadian writer. The novel returns to Port Dundas, Ont.'s acting police chief Hazel Micallef, who was introduced in Wolfe's 2008 book The Calling. During the 62-year-old's painkiller-induced recovery from a recent surgery, Micallef is called back to work after a body is found raveled in local fishermen's lines, a crime that oddly resembles a fictional series in the regional newspaper. Twisted and surprising, the novel takes Micallef through a series of enigmatic clues that begs the question: is she being set up?

The Brightest Star **In The Sky**

Author: Marian Keyes
Publisher: Michael Joseph
Price: $34.00 (Hardcover)

The latest novel by Irish author Marian Keyes follows the residents at 66 Star Street in Dublin. There's Maeve and Matt, newlyweds who mask unhappiness through their kind acts. Above, 80-something-year-old Jessica spends her days with her dog and reclusive son Fionn. Lydia, the tough, savvy cab driver lives atop them with her two Polish roommates. And self-conscious music publicist Katie inhabits the top flat, questioning whether her boyfriend will commit. This character-driven comic drama explores the varied experiences of the Star Street citizens, with frequent appearances by a strange visitor, set on probing their private lives. BRIAN COULTON/FOR METRO CANADA

Entertainment in brief

LEGAL The Swiss Justice Ministry says it will keep Roman Polanski in jail until at least today. Ministry spokesman Folco Galli said Friday that more time is needed for the conditions of the 76-year-old director's house arrest to be fulfilled. THE ASSOCIATED PRESS

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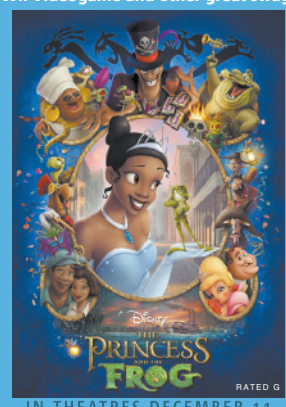

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critics'corner

CSI: Miami
We've all had those awful mornings where we wake up with no memory of where we've been and — what? — that's just us? Um. Wow, This is awkward. Well, at least we haven't turned up covered in blood on top of everything else, like the poor sap in "Head Case." The CSI team tries using radical technology to unlock his mind. Thomas Guiry guest stars; David Caruso, Emily Procter, Adam Rodriguez and Jonathan Togo also star. 10 PM on CBS

Accidentally on Purpose
What is it they say about trust in a relationship? In "Memento," Billie (Jenna Elfman) learns not to snoop after rifling through Zack's (Jon Foster) belongings — all in an effort to get to know him better. When she comes across a note addressed to her that he never finished, she becomes convinced he's trying to hide something. Ashley Jensen, Lennon Parham and Grant Show also star. 8:30 PM on CBS, CITY

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 11/30/09	251	308	3 CBC	Wheel-Fortune	Jeopardy! (N)	Little Mosque	Little Mosque	Just for Laughs (CC)		CBC News: The National (N)		(:05) The Hour
	254	-	9 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	etalk (CC)	Hollywood	Corner Gas	Shrek	Wedding Crashers ★★★ (2005, Comedy) Owen Wilson. (CC)				News
	-	-	10 JOY	Frasier (CC)	The Insider	Daily Weekend Edition (CC)		Poltergeist: The Legacy		Perspectives	Ek Noor	New Day
	252	336	11 GTV	Entertainment	ET Canada	House "Wilson" (N) (CC)		(:01) Lie to Me "Fold Equity"		Heroes "The Fifth Stage" (N)		News
	256	389	12 VI	Degrassi: TNG	TMZ (N) (CC)	Gossip Girl (N) (CC)		Two/Half Men	Big Bang Th	Castle "Deep in Death" (CC)		A News (N)
	253	359	13 CITY	The Office	The Office	How I Met	Accidentally	Trauma "Blue Balloon" (N)		The Jay Leno Show (N) (CC)		The CityNews
	-	-	14 CW	The Office	The Office	One Tree Hill (N) (CC)		Gossip Girl (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	How I Met	Accidentally	Two/Half Men	Big Bang Th	CSI: Miami "Head Case"		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	HealthLink Special		Trauma "Blue Balloon" (N)		The Jay Leno Show (N) (CC)		KING 5 News
	602	568	19 W	Old Christine	Friends (CC)	Friends (CC)	Grocery Bag	Love It or List It "Shanahan"		House	Divine Design	Love It-List It
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Grinch-C'mas	Shrek	Find My Family (N) (CC)		Castle "Deep in Death" (CC)		KOMO 4 News
	-	-	28 KVOS	M*A*S*H	Seinfeld	Rock My World ★ (2002) Peter O'Toole, Joan Plowright.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	Conver-KCTS	Antiques	Whole World	Celtic Woman: Songs From the Heart				Great Performances (CC)	
	290	382	23 FOX	Two/Half Men	Two/Half Men	House "Wilson" (N) (CC)		(:01) Lie to Me "Fold Equity"		Q13 FOX News at Ten (N)		Family Guy
	-	364	45 PBS	(6:30) Magic Moments: The Best of 50's Pop		Change Your Brain, Change Your Life (CC)					Brain Fitness Frontiers	
	296	654	34 SBK	The Office	Name Is Earl	Frasier (CC)	Patriots 5th Quarter		Half & Half	Paid Program	Hatchett	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	One Tree Hill (N) (CC)		Gossip Girl (N) (CC)		KTLA Prime News (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	News	NTV Latenight News		Late Show-Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	26 NW	Can't Stop Running		CBC News: The National (N)		CBC News: The National (N)		Can't Stop Running		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Air Racing		Hockey	The Ultimate Fighter		MMA Conn	Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	NFL Football: Patriots at Saints			SportsCentre (Live) (CC)		NFL Presents	Over the Bolts	Motoring 2009	SportsCentre
	411	457	43 OLN	Ghost Hunters International		Dog the Bounty Hunter (CC)		Survivorman (CC)		Ghost Hunters International		Bounty Hunter
	410	403	24 SCR	WWE Monday Night RAW		Score Now	Score Now	WWE Monday Night RAW With Michael Cole and Jerry Lawler.				Cabby Unlimit
	417	406	25 SC	Barrett-Jackson		Car Crazy	Pass Time	SuperCars	SuperCars	Barrett-Jackson		Auctions
	416	409	144 GLF	Fútbol: Equipos SA		Off the Pitch	Gol TV News	Off the Pitch	Game Cap	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Drake & Josh	That's-Weird	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	Prank Patrol	Adrenaline
	555	545	20 TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	61 FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	56 TRE	Babar (CC)	Big & Small	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Big Comfy
cable variety	268	354	5 KNO	Recreat. Eden	Landscape	Monarchy (CC)		Life and Times of Frida Kahlo		(:03) School of Secrets (CC)		Battlefield
	575	583	20 CMT	Home Imp.	Home Imp.	Due South "Letting Go" (CC)		Reba (CC)	Reba (CC)	According-Jim	According-Jim	Home Imp.
	570	580	24 MM	My Date	My Date	disBAND "Stereos" (CC)		Video on Trial	Video on Trial	MuchVibe		Spotlight
	600	564	28 H&G	House	House	Holmes on Homes (CC)		House Poor	Income Prop.	For Rent	My First Place	House
	615	520	31 A&E	Hoarders "Augustine" (CC)		Hoarders (CC)		(:01) Intervention "Marci"		(:01) Intervention "Linda"		(:01) Hoarders
	628	584	42 SPKE	CSI	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		Super Dave	CSI: Crime Scene Invstgtn.		Trek: Voyager
	521	560	34 TLC	Cake Boss	Cake Boss	Little People	Little People	Cake Boss	Cake Boss	Cake Boss	Cake Boss	Little People
	616	522	63 SHO	The Outer Limits (CC)		His and Her Christmas (2005) Paula Devicq, Dina Meyer. (CC)				Bones "The Man in the Mud"		NCIS (CC)
	620	523	40 BVO	Bravonews	Garrett Mason	Law & Order "Benevolence"		Without a Trace "Absalom"		Confessions of a Sociopathic Social Climber		
	601	562	41 SLC	Plastic-Perfect	Plastic-Perfect	ET Canada	What	The Biggest Loser (CC)		Celebrity Paranormal Project		Trading Sp
	520	505	42 DIS	Canada's Worst Driver (N)		Daily Planet (CC)		MythBusters (CC)		Canada's Worst Driver		Dirty Jobs
	522	506	44 HIS	Air Wars (CC)		Patton 360 (CC)		Battles BC (CC)		Generation Kill "Bomb in the Garden" (CC)		
	627	528	45 SPC	(6:00) Grendel (2007) (CC)		Sanctuary	Stargate SG-1 "Fair Game"		Star Trek: Next Gener.		Star Trek: Voyager (CC)	
	294	650	47 TBS	Family Guy	Family Guy	Lopez Tonight (N)		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	Raymond	Raymond	The Outer Limits (CC)		ET Canada	Comeback	Family Guy	Raymond	Raymond
	603	561	52 FN	At the Table	At the Table	Restaurant Makeover (CC)		Unwrapped	Unwrapped	Top Chef All Stars Dinner		Food
	-	-	53 AMC	(:15) National Lampoon's Christmas Vacation ★★ (1989) Chevy Chase.					The Secret of My Success ★★ (1987) Michael J. Fox.			
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Chris Rock: Kill		Daily Show
	320	621	30 CEN	(6:00) Down to the Dirt (2008)		Dexter "Lost Boys" (CC)		Californication	Lock 'n Load	Crossing Over ★ (2009) Harrison Ford.		
	581	566	191 MTV	Peak Season	After	MTV Live	Sex News	Real World-Road Rules		Peak Season	After	MTV Live
	261	394	192 V	Unscripted (N)	Archaeologist	Poltergeist: The Legacy		Moll Flanders ★★★ (1996, Drama) Robin Wright, Morgan Freeman. (CC)				
	-	-	193 MUL	Sewing Maid	Boys Over Flo	State Secret		Simply the Best		Pinoy: That's Entertainment		Patrol World

Mrs. Beckham does a denim relaunch

Victoria Beckham is giving her denim clothing collection a makeover and relaunching it under her own name. The style queen's dVb range of jeans suffered a setback last year when stores pulled the collection from their shelves, femalefirst.co.uk reports. METRO NEWS SERVICES

Celebrity Buzz

Former flame peeved at Jon Gosselin's Thanksgiving plans

HE TOOK A POWDER Jon Gosselin's ex Hailey Glassman wasn't thrilled at how the reality dad, 32, spent Thanksgiving, usmagazine.com reports. Goselin was supposed to spend the day with Hailey and her family, but when they split, he made plans to celebrate the holiday with his grandmother.

It turns out he went to Utah to go snowboarding.

"LOL-U are in Utah snowboarding w/'friends'-lol-urredic," Glassman, 22, Twittered. Meanwhile, Kate spent turkey day with the eight kids at the family's $1.1 million home in Wernersville, Pa. Bodyguard Steve Neild, his wife and their kids joined them. Three menonite women also popped by the family home to leave a gift for Kate. METRO NEWS SERVICES

JLo's ex files $100 million suit

HE WANTS THE MONEY THAT SHE'S GOT Ojani Noa, ex-husband to Jennifer Lopez, is preparing a blockbuster lawsuit against the star and her business and legal team for $100 million US, reports radaronline.

After Noa attempted to produce a film featuring home video footage of Lopez — featuring a pantsless Lopez on a motorcycle — she sued for $10 million and won a temporary restraining order to bar the film from public consumption, usmagazine.com reports.

Noa's nine-figure suit charges Lopez, her father, lawyers and business associates with interfering in the project — and for fraud.

Lopez's mother, Noa's attorney claims, sold some of that home-video footage to Spanish language station Univision for $30,000 without Noa's permission.

Lopez and Noa — who wed in Feb, 1997 and divorced Jan. 1998 — are scheduled to meet in court Dec. 1.

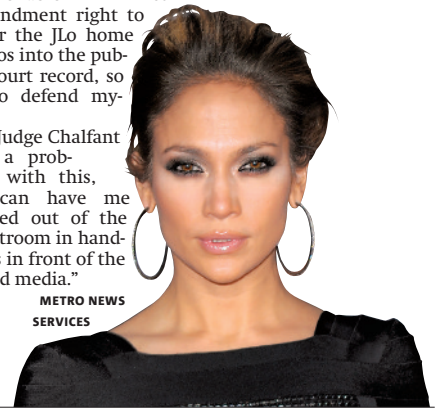
The disgruntled ex-husband plans to submit the home videos in question … no matter what.

Ojani Noa's attorney said the following Friday:

"I believe that I have an unalienable First Amendment right to enter the JLo home videos into the public court record, so as to defend myself.

If Judge Chalfant has a problem with this, he can have me hauled out of the courtroom in handcuffs in front of the world media."

METRO NEWS SERVICES



Celebrity tweets

Sandra Bernhard indulges in some late-night retail cravings, Fred Durst is prepared for bad reviews, and Stephanie Pratt gets all her holiday greetings done in one Tweet.

• @SandraBernhard heading to macys don't ask sometimes you just don't have any choice don't get me wrong i love macys at 2 am when they open the store just for me and my entourage after a glamorous night out and we suddenly get the urge for new kitchen ware.

• @freddurst I wonder how many "cool" people will be pleasantly displeased by the new limpbizkit album. Hopefully, most of them. It's cool to be a hater

• @stephaniepratt Oh my God I just want to wish you guy's happy holidays! Everyone have a wonderful Thanksgiving. Merry Christmas, Happy Hanukkah, Have a great Kwanzaa, and everything else and happy New Years.

METRO WORLD NEWS

Architect bashes Pitt

SCORN ON THE BAYOU Brad Pitt has made quite an impact on the city of New Orleans since he started building new homes for those devastated by Hurricane Katrina. While the homes are first class, there are mixed reviews about his work and what is being done to help the city, popeater.com reports.

In an interview with the NY Times, James Dart, a Manhattan-based architect who was born and raised in New Orleans, described the houses as "alien, sometimes even insulting" adding, "the biggest problem is that they are not grounded in the history of New Orleans architecture."

But Dart still expressed admiration for Pitt. "He deserves a great deal of credit,"

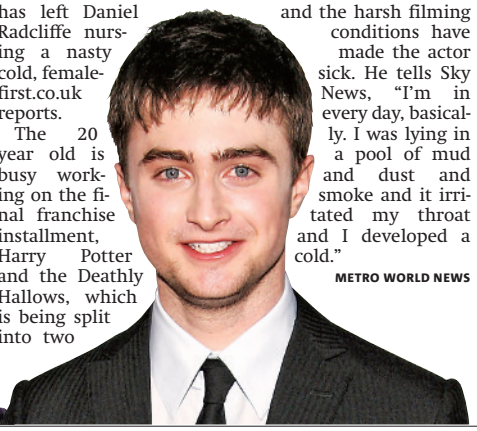
METRO WORLD NEWS

Intense filming leaves Potter star with severe sniffles

MILKING THIS FRANCHISE FOR ALL IT'S WORTH Filming for the new Harry Potter movie is so intense, it has left Daniel Radcliffe nursing a nasty cold, femalefirst.co.uk reports.

The 20 year old is busy working on the final franchise installment, Harry Potter and the Deathly Hallows, which is being split into two films. The story sees Radcliffe and co-stars Rupert Grint and Emma Watson's characters on the run — and the harsh filming conditions have made the actor sick. He tells Sky News, "I'm in every day, basically. I was lying in a pool of mud and dust and smoke and it irritated my throat and I developed a cold."

METRO WORLD NEWS



Holmes talks through Twilight

A REAL CHATTY KATHY Several New Yorkers learned a difficult lesson last week: Don't sit in front of Katie Holmes at the movies.

The actress and a pal went to see New Moon, the latest in the Twilight franchise, and reportedly ruined the experience for those around them.

"Katie talked through all of New Moon," a source tells Fox News. "It was unbelievable."

METRO NEWS SERVICES

DiCaprio back on with Refaeli: Source

IF AT FIRST YOU DON'T SUCCEED... Things appear to be heating up again for Leonardo DiCaprio and his fashion model ex-girlfriend, Bar Refaeli.

Sources tell Page Six the pair headed to Baker's Bay, an exclusive resort in the Bahamas, for a little quiet time. "They stayed in their own villa.

They were shacked up together all weekend," a source says. DiCaprio and Refaeli split up in June after dating for three years

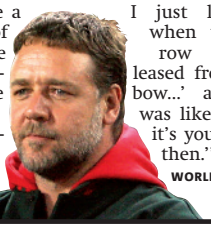
METRO WORLD NEWS

Crowe digging archery

CROWING ABOUT A PASTIME Russell Crowe is "in love" with archery, femalefirst.co.uk reports. The actor learned how to use a bow and arrow ahead of taking on the title role in Robin Hood and believes his training made the movie better.

"It's a bit like learning golf, which I did for The Insider. And man, I loved it. It's great," he told Empire magazine. "I said to the guy who was teaching me, 'I'm in love with the flight. I just love it when the arrow is released from the bow...' and he was like, 'Well, it's your sport then.'"

METRO WORLD NEWS



GETTY IMAGES PHOTOS

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Tuesday Mainly sunny 5°/ 1°
Wednesday Mainly sunny 5°/ 2°
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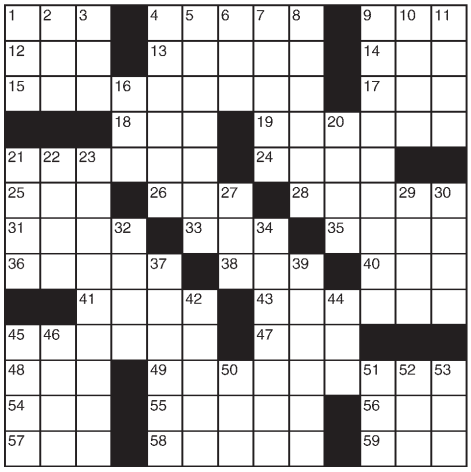
Take Five



ACROSS

1 Energy
4 Manila hemp
9 Legume
12 "— Kapital"
13 Man of La Mancha
14 Jamaican export in a bottle
15 Plaster ingredient
17 Rage
18 — -CIO
19 Follower of Brigham Young
21 Hire
24 Lotion additive
25 By way of
26 Carpet
28 "Peter, Peter, pumpkin —"
31 Sea eagles
33 9-Across holder
35 It ain't worth a nickel
36 Of birth
38 Dict. information
40 Wrong (Pref.)
41 Curved molding
43 "Everybody Loves Raymond" brother
45 Maiden in distress?
47 Savings plan acronym
48 Midafternoon, on a sundial
49 Musical mobile, maybe
54 Branch
55 "— Grows in Brooklyn"
56 Book spine abbr.
57 Caustic solution
58 Decade parts
59 Sweet potato

DOWN

1 Fast (Abbr.)
2 — de cologne
3 Omega preceder
4 Request
5 Bankrupt
6 Blackbird
7 Punctuation mark
8 Coloured ring
9 8 to 11 p.m. on TV
10 Modern coin
11 "So be it"
16 Western st.
20 Street
21 Divisible by two
22 Actress Sorvino
23 It goes without saying
27 Deity
29 Eastern potentate
30 Whatever's left over
32 Droops
34 One given to mockery
37 Elbow room
39 Impels
42 The 400
44 "Phooey!"
45 Rotary phone part
46 Ethereal
50 Gun lobby org.
51 Wall-climbing plant
52 Extinct bird
53 "Slippery" tree

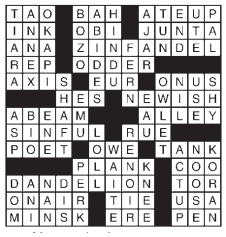
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5			8	2	1			4
	1				6	7		
				5				
8		4					5	
	5	9				6	4	
	6					8		3
				3				
		7	4				9	
9			1	8	5			2

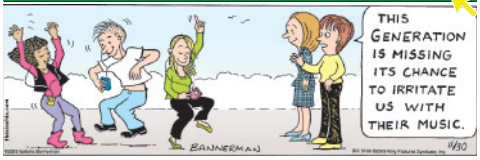
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	7	2	3	1	8	5	9	4
3	5	9	6	4	7	8	2	1
8	1	4	9	5	2	7	6	3
9	2	3	5	6	4	1	8	7
1	8	5	7	9	3	6	4	2
4	6	7	2	8	1	9	3	5
7	9	6	4	3	5	2	1	8
5	4	8	1	2	9	3	7	6
2	3	1	8	7	6	4	5	9

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Creamy Chicken Korma

INGREDIENTS:

1 tbsp (15 ml) canola oil
1 onion, chopped
1 tsp (5 ml) finely chopped fresh ginger
2 tbsp (25 ml) korma curry paste or powder
1 lb (500 g) skinless chicken breast fillets, thickly sliced
2/3 cup (150 ml) hot chicken stock
14 oz (398 ml) can coconut milk
1/2 cup (125 ml) ground almonds

METHOD:

1. Preheat oven to 350 F(180 C). Heat oil in flameproof casserole and lightly cook onion and ginger 4-5 minutes or until softened. Stir in curry paste or powder and cook over low heat 1 minute.
2. Add chicken slices to casserole, stirring to coat in spicy onions. Add stock and coconut milk; bring to boil. Season. Cover with tight-fitting lid, then put in oven and leave to cook 45-60 minutes.
3. When ready to serve, remove casserole from the oven, and stir in ground almonds to thicken sauce.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Most likely this will be one of those days when you'd rather be anywhere else. You'll get away from it all soon, but for now, do what's expected of you.

TAURUS ♉
APRIL 21-MAY 21
Inspiration comes and goes but effort always gets results, so keep plugging away at your latest project. You're close to a breakthrough, so have faith.

GEMINI ♊
MAY 22-JUNE 21
It may seem like someone is being obstructive, but was there was something you said or did over the weekend that turned that person against you?

CANCER ♋
JUNE 22-JULY 22
Why are you so pessimistic about your prospects? Things may not being going as well as you hoped they would be but life is full of ups and downs.

LEO ♌
JULY 23-AUG 23
Recent changes may have been unsettling but keep telling yourself, over and over again, that in the long-term they will work in your favour.

VIRGO ♍
AUG 24-SEPT 22
Do something today that livens up your home or your work environment. Focus on what makes you feel good. Ignore the rest.

LIBRA ♎
SEPT 23-OCT 23
The planets indicate this is going to be an important week and by the end of it you will have made a number of major lifestyle and career changes.

SCORPIO ♏
OCT 24-NOV 22
You know you have made an error and you know you will have to make amends to those you have wronged, so why are you finding it so hard to do?

SAGITTARIUS ♐
NOV 23-DEC 21
Usually you can trust your instincts but you would be wise to get a second opinion before taking action. Could there be something you have missed?

CAPRICORN ♑
DEC 22-JAN 20
Now that Saturn, your ruler, is transiting the career area of your chart, your dealings with people in authority are of even more importance than usual.

AQUARIUS ♒
JAN 21-FEB 18
Is someone keeping something from you? It would appear that they are. But is it something you need to know? Probably not.

PISCES ♓
FEB 19-MARCH 20
Don't let other people get rich at your expense. You cannot afford to take it for granted that they will treat you fairly. It's up to you to protect yourself.

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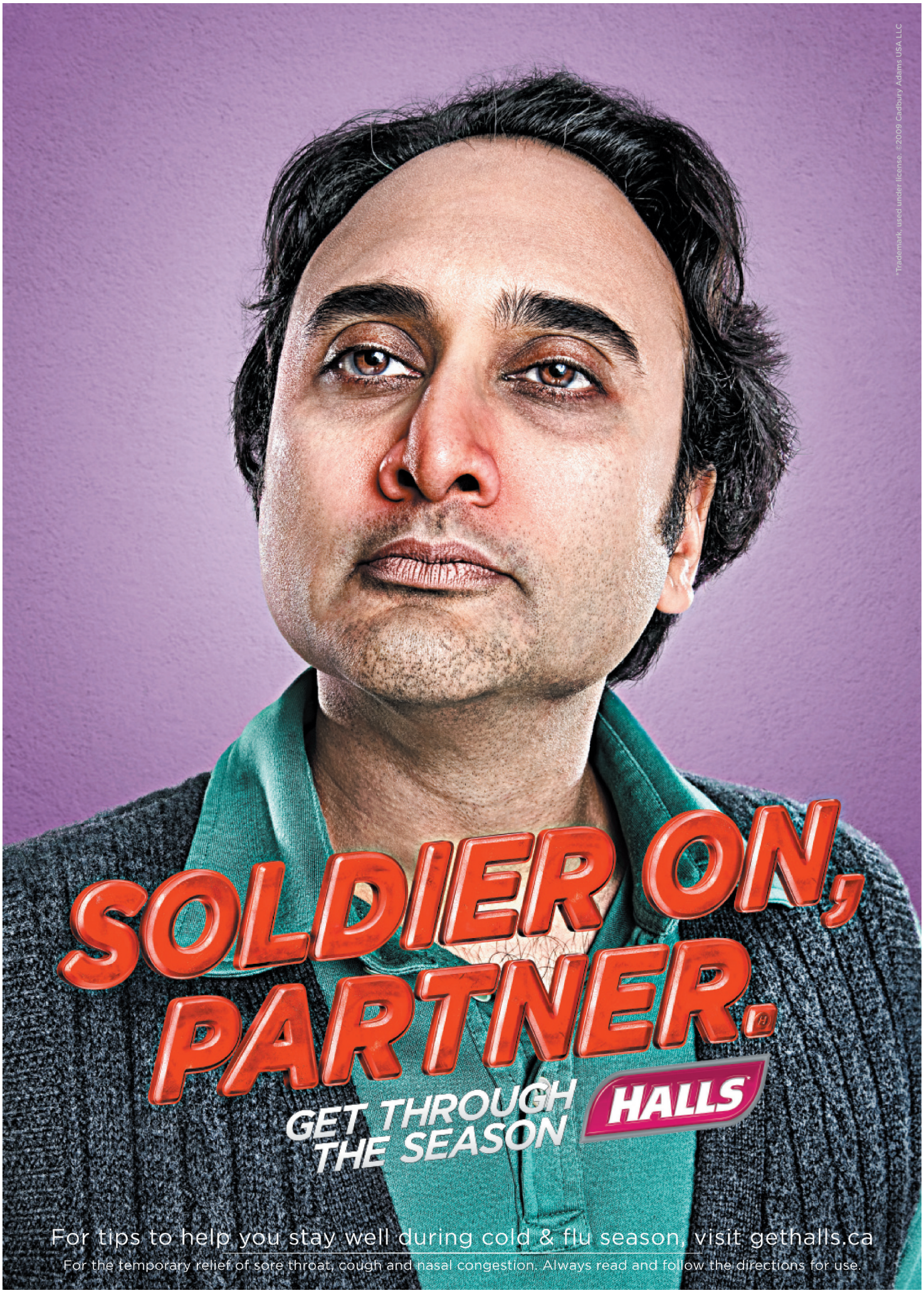
SOLDIER ON, PARTNER.
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For the temporary relief of sore throat, cough and nasal congestion. Always read and follow the directions for use.
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